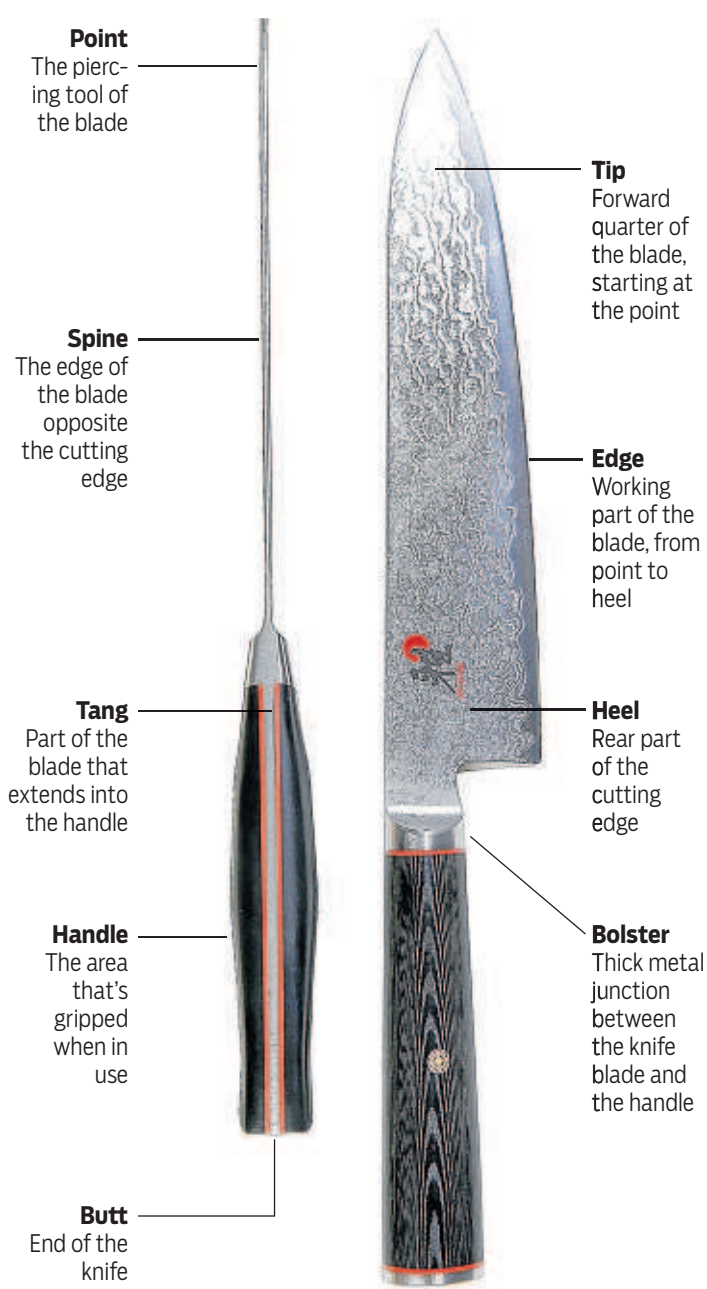


INSIDE

Comics,  
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and TV



**Parts of the knife**  
Knives are a chef's best friend, but look closely — there's more to your knife than just the blade and the handle.



# Knives 101

How to select, work with and care for the most valuable tools in a kitchen

STORY BY HOLLY PRESTIDGE | PHOTOS BY SHELBY LUM  
Richmond Times-Dispatch

Ask any chef about his or her favorite/best/most useful tool in the kitchen and many of them — OK, probably all of them — will say it's their knife. Not knives, as in an entire set, but one specific knife that they reach for over and over that can do just about everything they need. Maybe it's a chef's knife, or maybe it's the increasingly popular Santoku knife, the Japanese chef's knife that's usually shorter and often features granton edges, or indentations on the blade that prevent food from sticking to the knife as it cuts. Whatever their preferences, professional chefs know that meals with diced, minced and julienned foods start with the proper equipment. A sharp, well-balanced knife is a chef's best friend.

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**Keep your knives honed and sharp**  
Dull knives are not efficient because they require more effort from your hands and wrists to cut through foods. **Honing** refers to straightening a knife's edge on a steel, or a long rod with a handle. Honing can and should be done regularly, ideally before each use. **Sharpening**, on the other hand, removes tiny amounts of metal to keep the edge sharp. This should be done several times a year. Sharpeners can be manual or electric, or many people use rectangular sharpening stones — the knife blade is first moistened with oil (or water), then slid across the stone's surface at an angle.



Martin Gravelly demonstrated proper knife handling skills during a class at the University of Richmond's Center for Culinary Arts.

## PRACTICAL NUTRITION

### Soups and stews can be full of flavor without extra fat and salt

I've been enjoying more soups lately with all the cold days we've had. Soups and stews can be a delicious meal or soothing side. Unfortunately, canned versions or Grandma's recipe can come with some unwanted ingredients: extra salt and fat. Making soups or stews in a slow cooker is an easy way to control ingredients and have a hot, healthful meal waiting for

you at the end of the day. Today's Gypsy Stew recipe is lower in fat and sodium than many soups, takes about 20 minutes to prepare, and cooks while you're at the gym, at work or running errands. When making your own soups or stews, look for ways to use lower-sodium ingredients. Start with fresh vegetables or frozen ones without added sauces. If using canned, drain



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and rinse to cut the sodium by 40 percent. Broth and bouillon are high-

sodium bases for soups. Look for those labeled reduced-sodium or sodium-free. Canned tomatoes also can cause the sodium level to soar, so select no-salt-added or low-sodium products. Many older recipes have large amounts of salt added, but you can usually cut the amount by half. Prepare recipes that use herbs and spices to enhance flavor instead of extra salt.

Many homemade recipes begin with canned, creamed soup. You can find some that are lower in sodium, but that doesn't always mean they're lower in fat. Those labeled 98 percent fat-free may still be high in sodium. One low-fat option would be to make a basic white sauce to replace canned soup. For the equivalent of one can of soup,

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